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RECYCLE**Mmm, beige**

metro AR A Metro reporter spent a week consuming nothing but Soylent. Use Metro AR to see what others thought **PAGE 9**

**Tartare?
Oui, Oui!**

Way more than just raw meat: Try an authentic Parisian bistro favourite **PAGE 18**

HE DOESN'T ALWAYS WEAR SWIMWEAR ...

... BUT WHEN HE DOES, HE PREFERENCES TIGHTY-WHITIES. BECKS TALKS HIS LATEST FASHION PROJECT; USE METRO AR TO SEE MORE **PAGE 16**

**A MEAL FIT FOR A KING**

Prince Charles feeds Hudson, Assiniboine Park Zoo's most famous polar bear, as part of his royal tour on Wednesday. Charles and his wife, Camilla, the Duchess of Cornwall, spent four days in Canada and finished their tour in the river city on Wednesday. While here, the pair visited the Royal Winnipeg Ballet, Innovation Alley, the Assiniboine Credit Union and more before greeting the crowd at the Manitoba Legislative Building in the evening. The royals flew back to the U.K. last night. See more photos on page 2 and at metronews.ca/winnipeg. PAUL CHIASSON/THE CANADIAN PRESS

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Councillor calls for referendum on rapid transit

Infrastructure. Tuesday report requests council approval on P3 annual service/financing payment of \$19.7M starting in 2020

Quoted

"I think we should ask the people; we're allowed through our city charter to ask a referendum-type question. It's not binding."

Coun. Jeff Browaty

The simmering debate on the \$590-million rapid-transit project looks about to boil over, with a councillor in Mayor Sam Katz's inner-circle now calling for a referendum on the entire thing.

Coun. Jeff Browaty, who holds a seat on the mayor's executive policy committee, said on Wednesday the decision to continue with the project or not should be taken to a vote.

"As nice as rapid transit

which is when the second phase is to open.

Katz said while the report mentions a property tax hike, he favours that money coming from "cash to capital," essentially finding dollars in the operating budget.

The report also seemed to have dropped the Calrossie drainage improvements. Katz said part of these improvements would be covered by the utility. The price tag, however, remains unchanged. Several other councillors questioned by Metro if they'd support a referendum said they'd first have to see the wording of the question before deciding whether or not to back it. The report is on the agenda for the June 3 infrastructure renewal and public works committee meeting.

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Four Ps for Charles and Camilla in Winnipeg

Day Four.

Royals end Canadian tour in Winnipeg

Polar bears, planes, pirouettes and Pooh featured prominently as Prince Charles and his wife Camilla spent the last day of their four-day royal tour in the Manitoba capital Wednesday.

There was a look of mock trepidation on the prince's face as he got up close and personal with the 200-kilogram polar bear Hudson, sitting on the other side of a chain-link fence at Assiniboine Park Zoo.

Meanwhile, Camilla visited the Royal Winnipeg Ballet with Prime Minister Stephen Harper's wife, Laureen.

The Duchess of Cornwall toured the wardrobe department, where she called the costumes "works of art."

The duchess attended a ballet class for those with physical and developmental

disabilities, watched a pas de deux and unveiled a coin designed by the Royal Canadian Mint in honour of the ballet's 75th anniversary.

"I hope it goes on for another 75 years," she told bystanders.

Earlier, Charles and Camilla toured a small art gallery associated with Winnie, a black bear named after Winnipeg who inspired the "Winnie the Pooh" stories by author A.A. Milne.

The day began at the Red River College's Stevenson aircraft hangar, where the royal couple joined the Harpers.

Charles and Camilla took turns throwing paper airplanes folded by children and were presented with a tiny aviator's jacket for Charles' grandson, Prince George.

The prince ended the day by speaking at an Order of Manitoba investiture held at the legislature just before a farewell ceremony.

THE CANADIAN PRESS



Prince Charles tries on a pair of Google glasses during his tour of Innovation Alley in Winnipeg on Wednesday. PAUL CHIASSON/THE CANADIAN PRESS



Prince Charles leaves the Assiniboine Park Zoo flanked by, from left, Mayor Sam Katz, an unidentified woman, Hartley Richardson, Minister Gord Mackintosh and Premier Greg Selinger. SHANE GIBSON/METRO



Prince Charles and his wife Camilla are presented with a stuffed bear dressed in the digital camouflage pattern worn by Canadian Forces. PAUL CHIASSON/THE CANADIAN PRESS

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Building blaze snarls traffic

Fire crews on the scene reported no injuries in a blaze at an apartment block at the corner of Osborne Street and Morley Avenue that snarled rush hour traffic in the area Wednesday afternoon. The fire started in a third floor apartment around 4:30 p.m. and quickly spread to the roof and neighbouring suites. Fire fighters were able to keep the flames contained to the third floor and had it under control by around 5:30 p.m. SHANE GIBSON/METRO

No mayoral race in Coun. Fielding's future

'Tough decision.'
Councillor doesn't confirm rumored run for provincial PCs

Coun. Scott Fielding is putting the rumours to bed, along with his civic political career.

The representative at city hall for St. James-Brooklands announced on Wednesday that he would not be joining the race for mayor, nor would he be seeking re-election as a councillor.

"It was a tough decision, and when you're making a big life decision — which this is; I've been on council for eight years — you don't take these things lightly," he said, adding that he'd decided after speaking with friends and family.

"Figured that it wasn't the right time for me to run at this point. I'm looking at other opportunities that I'll be talking

about in the coming weeks."

Fielding, who campaigned on term limits, had some sharp words for the city's administration on both the elected and non-elected sides, saying there needs to be "a bit of a house-cleaning."

"There's a lot of good people that work in our system, and I think that there's some other people ... (where) we need some change," he said, adding that the fire halls audit showed that there wasn't "great information" being passed along.

"I'm not going to name names but I think that there needs to be some change at the administrative level.... Whomever is the next mayor of the City of Winnipeg and the council, they need to focus in on that."

Fielding made no mention of his well-rumoured plans to run for the Progressive Conservatives in the next provincial election.

BERNICE PONTANILLA/METRO



Coun. Scott Fielding said he'll be pursuing opportunities outside of civic politics. BERNICE PONTANILLA/METRO

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Flood recovery to cost billions in Serbia, Bosnia

Bosnian residents from a nearby village film floods in the village of Domaljevac near the Bosnian town of Orasje along the river Sava, 200 kilometres north of Sarajevo, on Wednesday. Floodwaters have receded in Bosnia and Serbia just enough to reveal the next shock: Recovery from the historic flood will probably cost billions of euros that neither country has. Although there's no official total for flood damages, the Raiffeisen Investment Group said in a note to investors that preliminary estimates are nearly \$1.8 billion US for Bosnia alone. In neighbouring Serbia, Prime Minister Aleksandar Vucic has said damages could range up to \$2 billion. The record flooding has led to at least 44 deaths: 22 in Bosnia, 20 in Serbia and two in Croatia. Bosnia has one of the lowest gross domestic products in Europe and an unemployment rate of up to 44 per cent. AMEL EMRIC/THE ASSOCIATED PRESS

Residents report extremist group attacked villages

48 more dead. After car bombings that killed 118 in Jos, Boko Haram reportedly target Nigerian villages

Boko Haram assaulted three villages in northern Nigeria, killing 48 people, residents said Wednesday, hours after twin bombings claimed at least 118 lives in this central city in an attack the government blamed on the Islamic extremists.

One of the villages attacked between Tuesday night and early Wednesday is near the town of Chibok, where more than 300 schoolgirls were kidnapped last month by Boko Haram, ac-



A victim of Tuesday's car bomb explosions receives treatment in Jos University Teaching Hospital in Jos, Nigeria.

SUNDAY ALAMBA/THE ASSOCIATED PRESS

cording to residents and a state intelligence agent who spoke on condition of anonymity.

During the latest attack on

three northeastern villages, terrified residents said they hid in the bush and watched while Boko Haram fighters set their thatched-roof homes ablaze.

"We saw our village go up in flames as we hid in the bush waiting for the dawn. We lost everything," Agagu Maidaga of the village of Alagarno told The Associated Press. The nearby villages of Bulakurbe and Shawa were also attacked.

In Jos, at least 118 people were killed in Tuesday's bombings, and 64 were hospitalized.

Most victims were women and children who worked as vendors, said Mohammed Abdulsalam of the National Emergency Management Agency. "We expect to find more bodies in the rubble," he said.

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Michael Fieldson, the civilian project manager for the Tactical Assault Light Operator Suit at MacDill Air Force Base, looks at sketches of the body-armour exoskeleton during the Special Operations Forces Industry Conference in Tampa, Fla. TAMARA LUSH/THE ASSOCIATED PRESS

Comic-book technology

Iron Man. Pentagon hopes for high-tech suits of armour in battlefield by 2018

In the 2008 movie Iron Man, the main character becomes a superhero after building a suit of armour with an exoskeleton that gives him incredible strength.

Today, elite U.S. special-operations forces may be a few short years away from donning a similar suit, one that can monitor the user's vital signs, give him real-time battlefield information and be bulletproof from head to toe.

The suit might eventually have other features unheard of only a few years ago, including an exoskeleton made of liquid armour, smart fabrics

that could help stop hemorrhaging, enhanced sensory capabilities and Google Glass-like visuals.

The Tactical Assault Light Operator Suit (TALOS) project is co-ordinated through the Special Operations Command headquarters at MacDill Air Force Base in Tampa, Fla.

Prototypes are expected to be shown to military commanders in June.

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A Ukrainian soldier shares a cigarette, near Slovyansk. THE ASSOCIATED PRESS

Ukraine sees tension letup as Russia pulls back

Ukraine. Good news, bad news: Russia claims to be pulling back its troops but vote at risk in the east

Days before Ukraine's presidential elections, the interim government Wednesday relished what felt like a letup in tensions.

President Vladimir Putin insisted Russian troops have begun moving away from Ukraine's borders, and the nation's wealthiest and arguably most influential businessman made an impassioned appeal for a cessation to unrest in the east.

And yet, armed pro-Russian insurgents in turbulent eastern regions of Ukraine continued

Putin insists

Putin poured scorn on skeptical assertions about troop movements, saying "those who aren't seeing it should look better." He said the pullout will be visible by satellite.

• "If the weather is good, they will see it all from space," said Putin.

to roam with impunity and do their utmost to derail Sunday's decisive vote.

Speaking to reporters at a security summit in Shanghai, Putin said Moscow's decision to de-escalate its military presence near Ukraine was motivated by a desire to see the election proceed smoothly. NATO said that it didn't yet see any signs of a withdrawal. THE ASSOCIATED PRESS

East Ukraine

A quiet majority grows frustrated

Rotting garbage is piling up in the hallways of the government office building seized by separatists in eastern Ukraine. Telephones ripped from

the walls are piled atop broken furniture and mounds of old files. The stench of sweat and stale cigarettes is everywhere. The guards, slouching men with pistols shoved in their pockets or flapping loosely in holsters, look increasingly bored.

It's been six weeks since they took over the building, a week since they declared independ-

ence from Ukraine. But the authority of the alleged nation barely extends beyond their 10-storey office tower and a few heavily armed checkpoints on roads leading into this industrial city 80 kilometres from the Russian border.

In the streets of Donetsk, the separatist leaders and their followers are increasingly derided as a collection of heavily

armed, barely employed misfits.

Outside of the rebels' headquarters, it can be difficult to find anyone who agrees with their calls to secede from Ukraine and link this part of the country — with its generations of ethnic and linguistic ties to Russia — to Moscow. Signs of frustration abound.

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Up to 20M bees unleashed after truck crash

A beekeeper continues to collect beehive containers scattered along I-95 near Newark, Del., Wednesday. The ramp to I-95 in Newark reopened more than 12 hours after a rig carrying up to 20 million bees crashed Tuesday. Crews were spraying foam in the area to contain the swarms, and some people received multiple stings. The rig, travelling from Florida to Maine, carried 460 crated hives. The driver and two passengers were able to get out of the vehicle but were stung 50 to 100 times each. SUCHAT PEDERSON/THE WILMINGTON NEWS-JOURNAL/THE ASSOCIATED PRESS

Uproar over heir's remark

Charles on Putin.

Prince's remark comes just ahead of Ukraine's presidential elections, slated for Sunday

The seemingly off-the-cuff comment reportedly made by Prince Charles in Halifax comparing Russian President Vladimir Putin's actions in Ukraine to the territory-seizing of Adolf Hitler has stirred debate in the United Kingdom about the role of the monarchy.

Labour Party MP Mike Gapes weighed in with a

tweet that suggested the Prince of Wales should have kept his comments to himself.

"In constitutional monarchy, policy and diplomacy should be conducted by parliament and government. Monarchy should be seen and not heard," he tweeted.

When someone asked him about the prince's right to free speech, he replied on Twitter: "If you are heir to throne or monarch what you say matters. Normal 'free speech' argument not relevant." But Deputy Prime Minister Nick Clegg said the prince was "free to express himself." THE CANADIAN PRESS

Ontario wildlife park

Giraffe calf born through artificial insemination

A wildlife park in southwestern Ontario is celebrating the birth of the first giraffe in Canada through artificial insemination.

African Lion Safari in Cambridge says the calf named Safari was born on Dec. 31, 2013, but they

only announced the birth on Tuesday. The female calf, weighing 132 pounds and standing just under six feet tall, has since been introduced to the herd.

African Lion Safari says this is only the second time in the world that a giraffe has been conceived through artificial insemination.

The calf is a Rothschild giraffe, a subspecies that is classified as endangered.

THE CANADIAN PRESS

Rehab. Rob Ford's Caddy is impounded by OPP

Toronto Mayor Rob Ford's Escalade has been impounded in the Muskoka region, after it was pulled over around 2:30 p.m. Tuesday, according to CP24.

The vehicle was pulled over by Bracebridge OPP on Muskoka Road 169 at Butterfly Road. The female driver was reportedly found to be impaired by alcohol.

Ford is known to be in the area while in rehab at the GreeneStone treatment centre. LeeAnne McRobb, 36, of Muskoka Lakes Township, faces charges of impaired driving and driving over .08. She will appear in court June 17.

A representative of Northland Towing and Recovery, in Gravenhurst, confirmed that his towing company received a black Cadillac Escalade and that it is in their impound lot. He said the vehicle will remain there until the OPP chooses to release it.

Newstalk 1010 reported that McRobb is a former patient at GreeneStone. "That's for me to know," she said when asked how she wound up behind the wheel.

TORSTAR NEWS SERVICE

Seven days of Soylent

Forgoing solid food.

Soylent may be convenient but it's not very appetizing, says reporter Jessica Smith Cross, who spent a week living on the liquid



JESSICA SMITH CROSS

jessica.smithcross@metronews.ca

Standing at the streetcar stop a few weeks ago, tired and hungry after a long day at work, my arms loaded down with groceries, I longed for Soylent.

I had interviewed Rob Rhinehart, whose company sells Soylent, a beige liquid that he claims has every nutrient, calorie and protein the body needs. It's made from a bag of powder — maltodextrin (simple carbs), rice protein, oat flour and a blend of vitamins and minerals — and a packet of oils that provide fat and omega-3s. It costs about \$10 a day. You just mix, carry it around in a water bottle and sip.

He'd promised to send a sample. Though I enjoy eating and cooking, the idea of taking a break (from shopping, cleaning, being too busy to eat and then wanting anything covered in cheese) was appealing.

People worldwide are clamouring for Soylent. His company raised more than \$1 million in pre-orders through crowdfunding, and more still in venture capital funding.

Rhinehart, who is trained as an electrical engineer, was working at a failing startup in California when, time and money-starved, he decided to "hack" food. He wrote a blog post called "How I stopped eating food" about eating nothing but Soylent for 30 days.

"My energy level had skyrocketed at this point. I felt like a kid again.... I feel like the six million dollar man. My physique has noticeably improved, my skin is clearer, my teeth whiter, my hair thicker and my dandruff gone," he wrote.

He went on to live on Soylent for two more months. Today, he relies on it for 90 per cent of his meals, he said.

It sounded wonderful, so I decided to give it a try. Here is my own account of seven days on Soylent. The rules I set for myself: I couldn't eat anything; I drank Soylent, as well as coffee, lattes and water; I imbibed a few alcoholic drinks and an Italian soda.

Results may not be typical.



Metro reporter Jessica Smith Cross ate nothing but Soylent for seven days. METRO

Tuesday

With a friend as fellow guinea pig, I mixed my first batch of Soylent with equal parts trepidation and excitement. The smell was familiar: vanilla, like batter, the taste slightly sweet with chalky notes.

Moments later we received news a mutual friend had died, not unexpectedly. Soylent was forgotten. That evening, friends snacked as we swapped stories of the departed. Later, as they cooked dinner in my kitchen, I thought about how food is a ritual we bond over in joy and grief. When there were breaks in conversation, a friend would ask about Soylent, and everyone would weigh in with a question, thought or joke. It made a passable hot chocolate.

The cravings for real food weren't going away. When a co-worker offered me a doughnut, I barked "No" so loudly the whole newsroom stared at me.

Later at a get-together, I tried a Soylent cocktail and made a Bailey's-whiskey mix. Not bad, but after one I'd had enough.

Wednesday

I felt awful. I began having heartburn and I'd feel discomfort after drinking it. I was finding myself not hungry but missing being full. Instead of a break from food, it was all I was thinking about. Any advertisement, mention or smell of food would upset me. I couldn't stop thinking of the scene in the dystopian sci-fi film Soylent Green

(in which their Soylent is made of people) where the character Sol — who hasn't had real food in years — takes great pleasure in eating lettuce. Oh God, I missed lettuce.

Thursday

I was getting bored with the monotony of Soylent, so for breakfast I added espresso powder and ice. For lunch, when I tried to microwave it, my meal got thick and exploded. But thinned down with some hot water and cocoa powder, it made a passable hot chocolate.

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Friday

On Fridays I volunteer at a breakfast drop-in program. I thought it would be difficult to be surrounded by and cooking large quantities of food. Fortunately, it was so busy I didn't have time to think about it.

Saturday

At a friend's cottage, the host put together a beautiful array of food — fruit, nuts, cheese, meat, bread, avocado and hard-boiled eggs. I stared longingly. This was the start of my food-starving phase. When my husband was eating a delicious-looking beet salad that night, I couldn't tear my eyes away. My mouth watered. "Describe it to me," I demanded. "This is weird," he replied.

Sunday

At dim sum with friends there was more staring at food, more jokes about how crazy it is not to eat. It was funny, but I was sad to miss the experience of sharing and tasting food. I noticed it was getting easier. The trouble digesting Soylent was all but gone. I got used to feeling a food craving, acknowledging it and moving on. I had the energy to go out dancing.

Monday

At the gym, I was happy to find I was in the same shape as the week before. I had the energy for my normal workout. I hadn't lost or gained weight.

Day 2

"I was finding myself not hungry but missing being full."

Metro's Jessica Smith Cross

Jessica's bottled Saturday meal versus her friends' gorgeous spread. Scan the photo with your Metro News app to watch a clip from Soylent Green. METRO



On tap

A future free of food fears?

Rhinehart's company is working to get Soylent to crowdfunding after lengthy delays. They're now shipping to Americans who ordered a three-month supply.

In the long term, Rhinehart said he envisions a world where Soylent is free on tap and no one has to worry about food again.

In line with that vision, he's taken an open-source approach to Soylent: he posted the recipe online and doesn't have any patents. He said there will be some changes to the recipe, as he hopes to source much of the product from algae as it's an environmentally friendly and efficient food.

A clinical trial to determine the health effects of a Soylent diet is underway, said Rhinehart. Most skepticism from nutritionists, dieticians and doctors have come from a lack of testing.

"That's kind of overkill for a food," said Rhinehart. "A lot of people get very concerned about this product, but it's just food, like fish and chips or cereal."

for the user to live on it entirely; that wouldn't be very interesting or very fun. But it is possible," Rhinehart said.

He said Soylent is a substitute for "utility" meals: meals you don't have time to enjoy and likely aren't healthy as it's expensive to eat well on the go.

But then, Soylent isn't that kind of diet. In the last few hours, I made a batch of muffins for the morning and it took all of my will not to eat one.

The final gulp

I never got to the point where, like Rhinehart had described in his blog post, I wouldn't crave food if I smelled it but want Soylent instead. I never felt I had extra energy.

Rhinehart attributes the "six million dollar man" feeling to his switch from an unhealthy diet to a healthy one, so perhaps I had a healthier baseline.

Knowing I'd been eating nothing but Soylent all week, he told me that wasn't Soylent's intended use. Soylent's marketing department had told me the same after I complained on Twitter about finding that hard.

But, everything I read about Soylent, beginning with Rhinehart's own blog, was Soylent could be all the food you need.

It's been heralded in the media as "the end of food" and a product that could change the world as we know it, so I was disappointed to be scolded for trying to live on it for just a week.

"The product wasn't meant

Site to hand over info

Time to rethink
renting out your
place on Airbnb?

New York's attorney general and the website Airbnb have reached agreement on information disclosures about short-term New York City apartment rentals.

It requires the company to provide investigators with information about city apartment listings within 51 days, with renters and properties identified only by assigned numbers. After a review, Airbnb will provide user names, apartment numbers and tax identification numbers about those suspected of breaking the law requested within the following year.

THE ASSOCIATED PRESS

Quoted

"We view this as a template for other places in the country where the issue has been raised."

N.Y. Attorney General Eric Schneiderman

Club shows Hova is still a business, man

At the 40/40 Club, ESPN on the screen. Jay Z gets dirt off his shoulder, tries again with club in Atlanta airport after closures in Atlantic City and Vegas

Jay Z brought his 40/40 Club to the world's busiest airport on Wednesday, with the opening of the swanky bar's third location.

40/40 is open to ticketed passengers at Hartsfield-Jackson Atlanta International Airport, according to spokeswoman Victoria Hong of Delaware North Companies, which partners with the rap mogul. The sports bar is in the airport's Concourse D concessions area, Hong said.

"We want to have the same type of feel as the regu-

lar 40/40 Club," Hong said. "It's the airport version of the 40/40 Club."

Airport concessions director Paul Brown said there are plans to create a VIP lounge area of the club, separate from the sports bar — at 1,500 square feet — on a different floor. The lounge is expected to open in the late fall, Brown said.

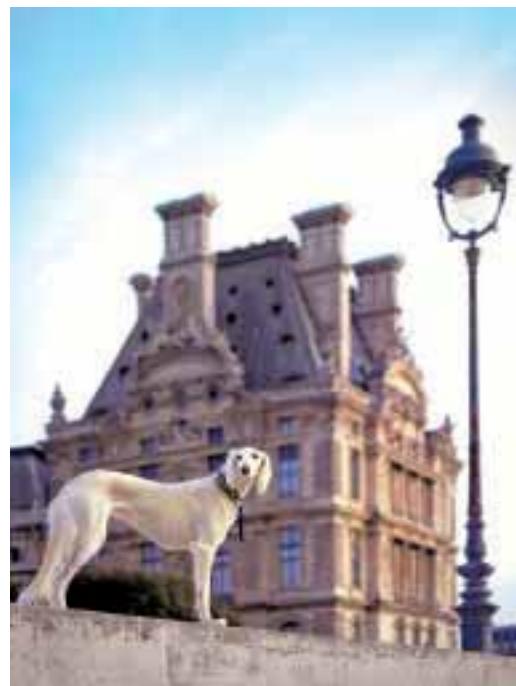
Brown called the lounge a "scaled down" replica of the original club.

40/40 restaurant and lounges also are located in Manhattan and the Barclays Center in Brooklyn. Jay Z also had clubs in Las Vegas and Atlantic City, N.J., but both closed.

The original Manhattan location opened in 2003.

40/40 was named after the rare feat among ballplayers of hitting 40 homers and stealing 40 bases in one season.

THE ASSOCIATED PRESS



Pawsitively pricey pet pics

A photo provided by a pet photographer shows Heyla, a 10-year-old Saluki, photographed in Paris. Pet portraiture is becoming big business for photographers as more and more families seek to capture canine memories. A consultation and hour-long photo shoot can fetch \$500. THE ASSOCIATED PRESS

Database compromised

eBay asks users to change passwords after cyberattack

E-commerce site eBay is asking users to change their password after a cyberattack compromised a database containing encrypted passwords.

The company says there is no evidence of any unauthorized activity. THE ASSOCIATED PRESS

Market Minute

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DRESSING FOR BACHELORS 101

Clothes make the man, wouldn't you agree?

When I met my girlfriend, I worried I'd no longer be able to write about my favourite topic: bachelorhood. But I always understood deep down that bachelorhood is not about your relationship status. It's about living a lifestyle that leads acquaintances to assume you live in the woods, possibly with wolves.

If you eat Mini-Wheats directly from the box for "dinner," wash the dishes by whacking them against a hard surface or, yes, dress like you found your clothes in the dumpster outside the Goodwill, then you get to keep the bachelorhood union card.

My wardrobe keeps me rooted in the comfortable environs of bachelorhood, girlfriend or no.

I'm not what you would call fashion-forward, or even fashion-sideways, but I dress pretty well.

I mean, if there's a tie involved I can't. And if my back's acting up then putting socks on requires a repeated fishing motion until I "catch" the sock on my big toe. And I find it hard to work buttons



HE SAYS
John Mazerolle
metronews.ca

while I'm looking in the mirror.

But when my girlfriend and I went shopping for jeans this week, my contribution was pulling them on, so I definitely dress pretty well. Usually.

Despite these wardrobe malfunctions, I still have the bachelor clothing itself down to a science. Observe with these tip-top tips:

How to be a fash-ist: Clothing for bachelors

Befashionable in bulk: The worst part about clothes is that you have to buy them. One of the reasons I've managed to keep slim over the years is that when my jeans start to get tight in the waist, I lose weight. Self-discipline? No. I'd simply rather diet and exercise for three months than shop for 45 minutes.

So, if you try on something you like, make a beeline back to the table it came from and buy it in every colour available. Also buy larger sizes for when you gain weight and smaller sizes for when you're old and frail.

If anyone notices you're wearing the same pattern day after

day, it means they like you. Go for it.

Dress outside the box: Say you only have one black button-up shirt that you've worn for at least 10 years and which gets used for every semi-formal event, from wedding to funeral to job interview for newspaper columnist. Hypothetically.

If that sounds like you, your wardrobe probably seems a little sparse. But wait! Did you know you can wear that shirt unbuttoned OR buttoned? Tucked OR untucked? Clean OR dirty? Suddenly one shirt is an entire wardrobe! The possible combinations are literally six!

Out-wait your clothes: I find it's best to wear clothes until the last possible moment of their life. Your jeans should moult off your body as you buy a new pair.

And do you have dirty clothes lying about that fail the smell test? If you let old laundry sit long enough, it will eventually pass the little-used smell re-test. Everybody loves a redemption story.

I hope you find these fashion tips useful. It's not about the look, it's about the attitude. The clothes make the man.

Or put another way, I wear the pants in my relationship. Whichever pair she chooses.

ZOOM

Croaking in the rain



This tiny frog shows even amphibians don't like getting wet sometimes by turning a leaf into a makeshift umbrella. MUHAMMAD RIDHA/SOLENT NEWS

Shelter from the storm

This green frog took shelter under a tropical plant to escape the shower in his jungle abode. Photographer Muhammad Ridha, 27, spotted the creature trying to dodge the raindrops while out for a walk near his home in Borneo, Indonesia. **MWN**

Photog's view



"When the frog saw me watching him, he stayed quiet but just carried on with his funny behaviour."

Muhammad Ridha

Picture proves worth the wait

Ridha stayed for half an hour to capture the image of the human-mimicking amphibian using his 50-mm lens. "I have never seen anything like this before so (I) decided to wait for that perfect moment," he said. "By great coincidence, I was there to see the frog holding onto the leaf stem like a person would clutch the handle of an umbrella." **MWN**

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In this issue, you can find AR enhancements on pages 4 and 9 in News, page 13 in Scene, page 16 in Life and page 22 in Sports



Worth mentioning

Not-so-happy times for dancing Iranians

An Internet video of six young Iranian men and women dancing to Pharrell Williams' Happy has led to their arrests, showing how far Tehran will go to halt what it deems to be decadent western behaviour — despite the views of its moderate president.

Criticism outside Iran was predictably swift Wednesday, with calls for freedom for the jailed youths zipping around social media. Williams tweeted: "It's beyond sad these kids were arrested for trying to spread happiness."

A tweet posted Wednesday



Pharrell Williams GETTY IMAGES

evening on President Hassan Rouhani's account seemed to address the controversy, even if it stopped short of mentioning the video or the arrests directly.

"#Happiness is our people's right," it said. "We shouldn't be too hard on behaviours caused by joy."

Other social-media posts

suggested at least some of the dancers had already been released, though there was no independent confirmation from authorities.

The case was another reminder of the tensions that exist at the highest levels of Iranian power, with hard-liners determined to maintain the status quo while moderates try to push through change — be it improved relations with the West or a loosening of morality clamp-downs at home.

Hard-liners are increasingly challenging Rouhani as the country negotiates a nuclear deal with world powers. The president campaigned for greater cultural and social freedoms in his bid to succeed Mahmoud Ahmadinejad last year.

THE ASSOCIATED PRESS

Audio meets video at annual Cinematheque fundraiser

Bands vs. Filmmakers

IV. Local bands paired with filmmakers who create new footage to accompany tunes



BACKSTAGE
PASS
Jared Story
winnipeg@metronews.ca

Bands vs. Filmmakers IV, Friday night at the West End Cultural Centre, sees Winnipeg musicians and moviemakers joining forces in support of Exchange District independent movie theatre Cinematheque.

The annual fundraising event features five Winnipeg bands, each paired with an indie filmmaker who creates 20 minutes of new work to accompany the musicians onstage.

Birdapres/Grey Jay, a.k.a. local musicians Dane Goulet and Andy Rudolph, will perform to live video work by Damien Ferland, a graduate of the University of Winnipeg's Theatre and Film program.

"You can do whatever you want (for Bands vs. Filmmakers), but it's best to go into it with the spirit of the music," says Ferland, who has produced approximately 12 short films and music videos.

"I typically would have



Bands vs. Filmmakers IV, an annual fundraising event for Cinematheque, happens Friday at the West End Cultural Centre. CONTRIBUTED

done something more ironic and silly, but these guys are really genuine with what they're doing.

"I'm gearing towards doing video mixing with VHS tapes and I want to do that

with obscure moments from film noir movies, and I found an old video disc of NASA footage. You guys (Birdapres/Grey Jay) talk about space and I get a sense of isolation in Dane's lyrics, so I think movies that

deal with isolation like film noir classics will work."

Hosted by radio personality Stu Reid, Bands vs. Filmmakers IV also features local bands Les Jupes, Ridley Bent, Hana Lu Lu and Mise en Scene collaborat-

ing with filmmakers Matheu Plouffe, Madison Thomas, Kayla Jeanson and Tyler Funk.

"One of the things I like about Bands vs. Filmmakers is the fact it's a great way to touch off a new collaboration," said Rudolph, whose band Mahogany Frog was paired with filmmaker Doreen Girard at last year's event.

"For me, that's good, because my whole practice as an artist and a musician has always revolved around collaboration being a critical element. Twice now I've collaborated with artists I've never worked with before, which is cool."

Ferland says he's excited for his Bands vs. Filmmakers collaboration with Rudolph and Goulet as it's a little out of his wheelhouse.

"You could do something fairly narrative and I'm sure one of the filmmakers will, but I think it's interesting because I don't typically do abstract stuff," Ferland says.

"It'll give me that challenge and I think that's the challenge they (event organizers) want to impose on the filmmakers."

Bands vs. Filmmakers IV goes down Friday at the West End Cultural Centre.

Tickets are \$20 at the WECC, Music Trader, Winnipeg Film Group, Cinematheque, Winnipeg Folk Festival Music Store and Ticketmaster or \$25 at the door. Showtime is 8 p.m.

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John Turturro gets all the attention

Fading Gigolo. The actor-director plays a high-end escort, directs Woody Allen in new film

 **NED EHRBAR**
Metro World News in Hollywood

At first glance, the attention-grabbing part of John Turturro's latest film as an actor and director, *Fading Gigolo*, is that it's about a mild-mannered flower salesman (Turturro) who ends up getting pimped out by an older pal (Woody Allen) to service high-end female clients (played by the likes of Sharon Stone and Sofia Vergara). But hidden under that comic shell is a poignant look at the dying mom-and-pop store culture of New York City.

There's an impressive warmth to the cinematography in this.
That's because we shot it on film. We tested film and digital, and we decided that

film was more flattering to all the ladies. It's just softer. It creates a world of the film, like when you see a beautiful photograph or a painting and it's kind of evocative, it's something you can be invited into. And I chose a lot of very hard places to shoot in because they were all so small, so tiny. And listen, to get Woody out of khaki pants? Come on.

How did you do that?
I said, "Woody, that's not in my colour scheme." After being involved with the project for a couple of years and working in the theatre together, he was like, "OK."

I even got a ski cap on him. I mean, he's in a black jacket. He looks great!

Woody doesn't often act for other directors.

No. He likes me, I wrote the script, he gave me feedback on it, I revised it, we worked in the theatre together. So that's a two-year process of what you're seeing. In a way, Woody encouraging me and push-



John Turturro stars in his latest film, *Fading Gigolo*. CONTRIBUTED

ing me to make it deeper and whatever is kind of like the dynamic in the movie.

When I directed these plays, Woody would tell me, "Everything is great. Just

don't f--- it up."

Your film takes place in a

world that's disappearing: small, independent NYC shops.

These places are going. It's easy to be nostalgic about stuff, but there is a loss when there's less individuality and it's all the same. Go into a Starbucks, everyone's alone. I'm an investor in my bookstore in Park Slope because I like to be able to go to a bookstore that's not a chain. I don't like things that are too big, like supermarkets. They scare me. I just feel like that's not the way it's supposed to be.

Have the Coen Brothers been in touch with you about the Barton Fink sequel?

They're waiting for me to get really old, yeah.

They said it might be time. How does that make you feel?

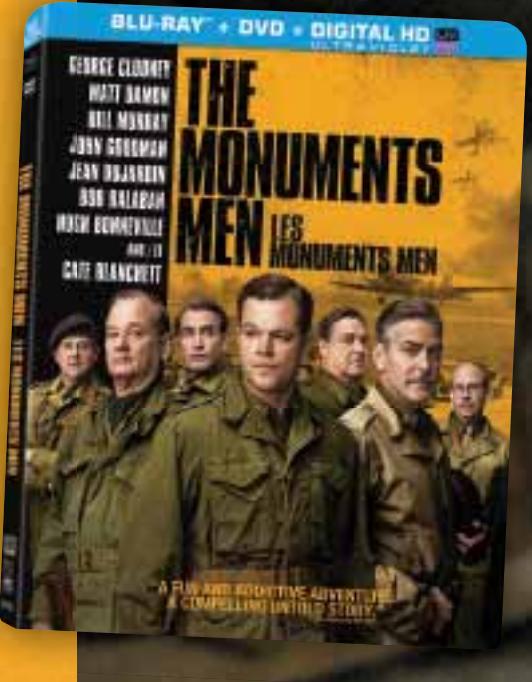
Well, I'm ready for whatever they want to do. They want to grey me up, that's fine. Obviously with them I would do whatever. They're really some of my closer friends in the business and just in general.

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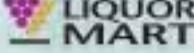
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Lea Michele ALL PHOTOS GETTY IMAGES

Rachel and Mr. Schue?! Lea Michele admits to once dating Matthew Morrison

Lea Michele is changing her tune when it comes to her past with Glee co-star Matthew Morrison, but that's what happens when you have a book to sell. Back in 2010, stories cropped up about how the two had dated briefly before joining the hit musical series, but both vehemently denied them. "He's been a friend of mine from New York. People are going to make things up. I think it's just because we really are so

close," she told Hollywood.com at the time. But now? In her new book, *Brunette Ambition*, Michele recounts, "When we shot the pilot, I met Cory Monteith, Kevin McHale, Amber Riley and Chris Colfer for the first time. I had worked on Broadway with Jenna Ushkowitz and Matthew Morrison before. Matt had been a friend of mine for years, and in fact we'd actually dated back in the day." Glad we got that cleared up.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Khloe and Kourtney want kloon charged

MELINDA
TAUB
Metro World News

Khloe and Kourtney Kardashian are pressing criminal charges against a Los Angeles man for criminal battery. Sounds serious, until you find out that what he battered them with was confetti.

The sisters were walking on Melrose in Los Angeles when local street performer Richie the Barber, who was riding his unicycle nearby, spotted them. The clown

hurried over and showered them with confetti, according to TMZ.

The two sisters were not amused. They immediately filed a police report, which the police reportedly ignored as frivolous. However, Khloe and Kourtney followed up several days later, indicating that they planned to press charges.

Police then asked Richie the Barber if he intended to harm the women. He said no, according to TMZ. The confetti was meant to congratulate them on their success.

Let's hope Kim and Kanye don't have rice thrown at their wedding — Kim's sisters might have them arrested for attempted murder with a deadly weapon.

Twitter



@JuddApatow

People who love tattoos must get so bummed when they run out of room to add new ones. That would drive me crazy. I am a hoarder.



@JohnStamos

Perhaps i'm not so irrelevant



@SarahKSilverman

Even after getting punched in the face with a smell I still think "I love you New York"



Jennifer Aniston

Jen wants to shed 10 pounds to be Picture Perfect for her wedding

Not that anyone would say Jennifer Aniston is out of shape, but a rather catty source close to the former *Friends* star insists that Aniston is looking to shed an extra 10 pounds before tying the knot with fiancé Justin Theroux. "No way is Jen getting married at this weight. She'll lose another 10 pounds before she'll walk down the aisle," the source tells Radar Online. "Jen's besties, including Chelsea Handler and Courteney Cox, have been informed of Jen's weight loss plan and support it — which sounds terrible, but is absolutely how Jen operates among her peer group."

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Beaching it like Beckham

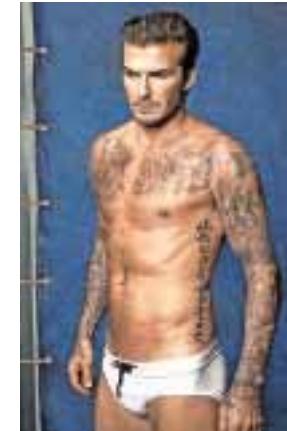
Let's talk trunks. The ex-footballer takes a dip into swimwear in latest collaboration with H&M.

RICHARD PECKETT
Metro World News

If you only knew of David Beckham's existence through billboard posters, you'd swear that the man lives his life in tiny trunks. The 39-year-old's latest collaboration with Swedish retail chain H&M does little to dismiss that image. This time the tattooed body beautiful is launching, in his words, "a simple, old Bond movie-inspired" swimwear range of board shorts, trunks and swim shorts as part of David Beckham Bodywear for H&M. It's at a rooftop open-air swimming pool with gushing girls and water fountains that 'Goldenballs' reveals his designs that will hit stores globally today. Metro chats to Becks about stripping down, movie cameos and why tighty whities are his trunk of choice.

You've worn many different styles of swimwear over the years but which is your preferred cut?

I've kind of always gone for the tighter, smaller swimwear, personally. I'm sure there's gonna be a point where I'm not going to like it as much. But at the moment and from a very young age I've always gone for the tighter smaller white ones. One of my first actual holidays with Victoria — we'd only been together for about eight



Spice up your swim

"One of my first actual holidays with Victoria — we'd only been together for about eight months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention."

David Beckham on his swimwear choices

months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention. I wouldn't wear the smaller tighter ones walking down the beach with my kids. They'd be embarrassed.

Speaking of embarrassment, how do your boys feel about you wearing such a revealing style? Have you achieved embarrassing dad status?
(Chortles) They do give me the embarrassing dad look when they walk past a billboard of myself.

You have to stay in great shape for these campaigns. Don't you ever want to just kick back with a beer?

Yeah, I do that anyway. I just have to make sure I work out in the morning after. To be hon-

est, I actually don't really work out every single day. I always take the boys and Harper to school. Trying to find time to work out during the day is difficult.

For how many more years are you going to keep stripping down?

Not many more. I'm not trying to get away from that, but obviously I'm 39 years old now and I don't think people want to see me in my underwear beyond this age. I'm still comfortable doing it but there will be a point pretty soon that I'll hang my underwear up.

Once you've hung up your underwear, are you going to move into acting? Maybe a cameo in a Bond movie?

Umm, no. I never wanted to go into acting in any kind of way. I've dipped in and I've dipped out. I've enjoyed doing certain things and when I've done it, it's always been done pretty well. I've been working with great directors like Guy Ritchie. But acting has never been something that I've kind of wanted to go into. But you never know, you never know.

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You may not have grass on your front lawn yet, but there's no reason to do without that intense fresh scent and spring colour that we remember from days gone by. These grass-inspired items give you all the green without the need for a lawn mower



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

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Create a lush, realistic lawn inside or out. With colours and texture to mimic real grass, UZ-ITE 100% olefin carpet is non-fade and can be hosed down to clean. \$18/square yard, HomeDepot.ca



Tailor-blade tableware

A lush grass graphic to adorn your tabletop. Euro Ceramica's New Grass 16-piece collection is microwave and dishwasher safe. \$90, BedBathAndBeyond.ca

Faux potted

A faux take on potted grasses. Lush everlasting grass in a ceramic planter brings a touch of spring to any room. \$14, UrbanBarn.com



A sod spot for critters

A place for your dog or cat that replicates the great outdoors. Paws Life potty locks in liquid pet waste and controls odours for up to seven days; a great option for indoors or on the balcony. \$33, BedBath&Beyond.ca



Dryer pastures

A fresh way to dry the dishes. Boon's 'Grass' Countertop Drying Rack adds a burst of colour to the kitchen. \$30, Sears.ca



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TODAY'S HOROSCOPE:

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A wee kitchen garden within anyone's green thumbs

Sowing the seeds of love. Plant only what you love to eat, not what's all the rage



SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

My inspiration is on overdrive after reading *Animal, Vegetable, Miracle* by Barbara Kingsolver. The 2007 book chronicles one family's journey as they plant a huge garden, raise poultry and feed themselves exclusively with products found locally for a full year. That kind of commitment might be overwhelming for most of us, but tending a small garden with hopes of having some fresh food is certainly within almost everyone's grasp.

Where to Plant: Dig up a corner of your yard that gets plenty of sunshine. Dig down at least six inches (removing the grass). Fill with quality soil. Alternately, install a raised garden bed. Or invest in a few large containers that can live on your deck or balcony.

What to Plant: Even though kale might be all the rage, don't plant anything



Roma tomatoes are a favourite for salsa lovers.

SHEL ZOLKEWICH/FOR METRO

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you don't love. If you want salsa, make sure tomatoes, peppers and herbs are on your list. Love salad? Dedicate your garden to a variety of leafy greens and nothing more.

When to Plant: Conventional wisdom says it's okay to plant most veggies after the May long weekend. Go ahead and seed some peas, onions and Swiss chard right now. Lettuce, potatoes and carrots (if those are on your garden list) can go into the soil now too. When things really warm up—hopefully by the end of May—plant tomatoes, cucumbers and corn.

If you want to take a baby step into gardening, plant a variety of herbs in a large container and keep it near your door. Pinch off what you need. Otherwise, give it a brush every once in a while and inhale those sweet summer scents.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com

When in Paris, just say 'oui' to tartare

Steak Tartare. This bistro favourite is authentically Parisian

Ingredients

- 8 oz (225 g) rib-eye steak
- 1/2 shallot, minced
- 2 anchovies, rinsed and chopped
- 1 raw egg yolk (or 1 tsp mayo)
- A handful of chopped fresh parsley
- 1 tbsp chopped cornichons
- 1 tsp chopped capers
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce
- 2 tsp Cognac (optional)
- Few drops hot pepper sauce
- Salt and pepper
- A squeeze of lemon juice
- A handful of micro-greens, for garnish
- Olive oil

Cookbook of the Week

Get into a Paris state of mind



Paris is known for its whimsical tourist attractions, romantic backdrops and, of course, its indulgent food.

In *Paris Express: Simple Food from the City of Style*, Laura Calder demystifies the idea that Parisian bites are technical and tedious.

With photos of both dishes and city scenes as well as about 120 recipes, Calder helps readers to build their Parisian kitchen repertoire through helpful tips. Recipes include Veal Fricassée with Mushrooms, Seared Duck with Plum Compote, Red Onion Tart, Raspberry Clafoutis, and more. **METRO**



This recipe serves four. PHOTOS ANCUȚA IORDĂCHESCU © 2014

"Burgers are storming Paris at the moment — hélas! — and everyone eats them with a knife and fork," writes Laura Calder in her book *Paris Express*. "But steak tartare remains a bistro favourite, and I prefer it hands down, as long as it's a good one, which, quite frankly, is a rare find (no pun intended).

"To make your own, be sure to get the meat from a reputable butcher and let him know you'll be serving it raw. A bit of fresh horseradish grated over the final product is classic. The contrasting crunch of thin

slices of lightly toasted olive-oil-rubbed baguette are de rigueur with this, unless you're going to play bistro yourself and serve it with crisp french fries."

1. Make this dish just before serving.

2. If you haven't had the butcher mince the meat for you, put it in the freezer for about 30 minutes to make it easier to cut, then mince it very, very finely with a knife.

3. In a bowl, mix the shallot,

anchovies, egg yolk, parsley, cornichons (gherkins), capers, mustard, Worcestershire sauce, Cognac (if using), and hot pepper sauce. Add meat and mix well. Season with salt, pepper, and lemon juice. Shape into 4 patties and arrange on plates.

4. For garnish, dress a handful of micro-greens very lightly with olive oil, lemon juice, and salt and pepper. Set a pinch on top of each tartare shape and serve. **RECIPES FROM PARIS EXPRESS BY LAURA CALDER ©2014 (PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.)**



This recipe serves six to eight.

Roasted Confetti Ratatouille

"Confetti-like sparkles of tomato and warm-coloured peppers make this roasted take on ratatouille different from the average chunky, soupy mix," writes Laura Calder in *Paris Express*.

1. Heat the oven to 400 F (200 C). Toss all the ingredients together — except the olives and basil — and spread in a single layer on a baking sheet (or 2 smaller baking sheets, depending on their size). Bake, stirring once or twice, until tender, 20 to 25 minutes. Stir through the olives and basil and transfer to a serving dish. Serve warm or

Ingredients

- 1 orange pepper, finely diced
- 1 yellow pepper, finely diced
- 2 small zucchini, finely diced
- 2 small eggplants, finely diced
- 3 to 4 medium tomatoes, seeded and finely diced
- 3 garlic cloves, minced
- 1/4 cup (60 ml) olive oil, more as needed
- Salt and pepper
- A handful of sliced pitted black olives
- A large handful of shredded fresh basil leaves

at room temperature.

metro

GOLF GUIDE

Thursday May 22, 2014



A total of 65 Canadian courses are fully certified members of the Audubon Co-operative Sanctuary System, with hundreds more working towards certification. SHUTTERSTOCK

Going green on the greens

Environment. More golf courses are embracing initiatives for wildlife and habitat management

BRIAN
KENDALL
For Metro

Once ranked alongside the razing of rainforests as an ecologically hostile activity, golf has embraced the green movement with the zeal of the converted.

A total of 65 Canadian courses are fully certified members of the Audubon Co-

operative Sanctuary System, with hundreds more working towards certification. The international program sets targets in a variety of areas, from wildlife and habitat management to water conservation and quality control.

And then there are the courses that go even further by making their green initiatives all part of the fun and attraction of playing them.

Dean Piller, the superintendent at Victoria, B.C.'s Cordova Bay Golf Course, conducts birdwatching tours twice a year, having worked hard to attract an astonishing variety of land and sea birds to the property.

Nesting boxes were strategically placed around the course, as well as feeders to help birds survive the winter at a course open year-round.

From about 60 different bird species routinely seen at Cordova Bay several years ago, the count has now risen to more than 70, from cormorants and

blue herons to barn swallows and bald eagles.

At Stewart Creek Golf and Country Club, a Rocky Mountain layout in the environmentally sensitive Bow Valley near Canmore, Alta., wildlife corridors are incorporated into the course routing, as well as native grasses to provide forage for migrating animals. Golfers are thrilled to watching bear, elk and other wildlife travel through the course.

But perhaps the most original initiative is found at Manitoba's Clear Lake Golf Course in Riding Mountain

National Park, where there is often a strong, and environmentally beneficial, whiff of french fries in the air.

The smell is expelled by the exhausts of six maintenance machines rigged to run on used cooking oil gathered from nearby restaurants. As much as 10,000 litres of an otherwise useless waste product is recycled this way each year.

"The only downside is that golfers are reporting a constant craving for fast food," superintendent Greg Holden said jokingly.

**Learn
to think
like a pro**

You have hit hundreds of balls at the range and your swing is looking good. Now it's time to take your game to the next level by booking an on-course playing lesson with a teaching pro.

"Playing lessons are a great way for golfers to learn to think strategically on the course," said Ted Stonehouse, the head professional at Clovelly Golf Course in St. John's, N.L. "Golf is like chess. To score well, you have to think at least two moves ahead."

On which side of the tee box should you set up? What's the optimum target line? Should you try to make a shot where trouble looms, or is the smart play a lay-up?

"A pro can help you develop a master plan suited to your talent level," Stonehouse said. "Suppose a particular hole at your home course has been giving you trouble. Well, let's look at it in a new way. Let's try a different club or a slightly easier route to the green."

A playing lesson also offers a golden opportunity to watch and emulate a professional's approach to the game. Study the pro's pre-shot routine, how they read putts, and the tempo of their swing.

"Some people are a little intimidated at first when they play with a pro," Stonehouse said. "But just relax and enjoy the experience. And remember that you're doing us a favour by getting us out of the pro shop." **BRIAN KENDALL**

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Canada offers some truly beautiful golf holes that are world destinations

BRIAN KENDALL
For Metro

Totemic symbols of our game, Canada's signature golf holes are so uniquely beautiful that golfers travel from around the world to play them. Here are four holes built for immortality.

18th hole, Glen Abbey Golf Club, Oakville, Ont.

Tiger Woods famously sealed his victory in the 2000 Canadian Open on the par-five closing hole by slinging a 210-yard bunker shot over a green-side pond to the back edge of the putting green. So astonishing was the shot that, since then, some golfers who visit the Jack Nicklaus-designed layout can't resist the temptation to drop a ball in the same



The 18th green at the Glen Abbey Golf Club in Oakville, Ont. TORSTAR NEWS SERVICE FILE

bunker and try their luck.

12th hole, Algonquin Golf Course, St. Andrews By-the-Sea, N.B.

Offering sweeping views across Passamaquoddy Bay to the state of Maine, architect

Tom McBroom's oceanfront Par 3 became one of the Atlantic coast's most celebrated holes the moment of its unveiling in 1999. Stretching 156 yards from the back tees, the 12th plays severely downhill to a small, cashew-shaped

green perched like an emerald infinity pool at the water's edge.

4th hole, Fairmont Banff Springs Golf Course, Banff, Alta.

For many golfers around



The Fairmont Banff Springs Course in Banff, Alta., features the majestic fourth hole. THE CANADIAN PRESS FILE

the world, photographs of architect Stanley Thompson's legendary Par 3 Devil's Cauldron have come to define their mental image of the Canadian game. From an elevated tee isolated amidst the boreal hush of a Rocky Mountain forest, golfers hit their tee shot over an impossibly picturesque boulder-filled glacial lake to a sloping and heavily bunkered green set in the shadow of looming Mount Rundle.

6th hole, Greywolf Golf Course, Panorama, B.C.

Cliffhanger, the aptly named Par 3 sixth hole at this Doug Carrick-designed layout, features a long, gut-churning carry over the sheer drop of Hopeful Canyon to a green perched along the edges of vertical rock cliffs. Rugged peaks tower in every direction, evergreens strain toward the sky, and from the green, golfers can see for kilometres down an incredibly beautiful mountain valley.

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Tee off in a wee bit of history

Like everyone who loves the game, you have fantasized about a golf vacation in Scotland and you are determined to make it happen this year.

With more than 550 courses, golf's birthplace offers an overwhelming choice of possible itineraries. But nowhere is Scotland richer in famous links than along its northeast coast, where the roster includes Muirfield, Cruden Bay, Royal Dornoch, Carnoustie, Trump International and the Old Course in St. Andrews. All belong on any ranking of the world's top 100 courses.

Rent a car and happily spend a week or two golfing your way along the rugged coastline. But if you are pressed for time or don't want to do so much driving, then consider basing yourself in Edinburgh, a city of almost unrivaled Georgian splendor, and make daily golf treks to the adjoining district of East Lothian. Marketed as Scotland's Golf Coast, this stretch of the Firth of Forth coastline offers 22 courses, including Muirfield and two other world-class links, North Berwick and Gullane No. 1.

Edinburgh is also just two hours by train or car from St.



Zach Johnson looks at his ball on the 13th green during the British Open Golf Championship at Muirfield, Scotland, in 2013. THE ASSOCIATED PRESS FILE

Andrews, the cradle of the game and a town as recognizably Scottish as the kilt and sporran.

Once settled in at the Old Course Hotel or Rusacks Hotel in St. Andrews, enter your name in the ballot to play the Old Course, the experience of a lifetime. Or purchase a three-day unlimited pass and play to your heart's content on the six other courses managed by the St. Andrews Links Trust on the old sod where it all began.

BRIAN KENDALL



The 375-yard, Par 4, 3rd hole, "Jockie's Burn," on the Carnoustie Championship Course, in Carnoustie, Scotland. GETTY IMAGES FILE

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Jake Muzzin of the Los Angeles Kings celebrates his goal with teammates in the third period against the Chicago Blackhawks in Game 2 at United Center on Wednesday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Kings dominate Hawks to tie series

Western final. L.A. the first team to earn 2014 playoff win in Chicago, scoring six straight

Jeff Carter scored three of Los Angeles' six straight goals, and the Kings beat the Chicago Blackhawks 6-2 on Wednesday night to leave the Western Conference final tied at one game apiece.

Drew Doughty and Tyler Toffoli also scored in Los Angeles' five-goal third period as the Kings became the first visiting team to win in Chicago.

Game 2	
6	2
Kings	Blackhawks

this post-season. The Blackhawks won their first seven home playoff games this year, but the Kings skated right by Chicago after the defending Stanley Cup champions took a 2-0 lead in the second period.

Game 3 of the best-of-sev-

en series is Saturday night in Los Angeles.

Nick Leddy and Ben Smith scored for Chicago, and Corey Crawford made 25 saves.

The Blackhawks were in position for their fourth consecutive win before Doughty drove a slap shot by Crawford to tie it at 2 just 1:37 into the third. Carter then had another power-play score at 4:04 that gave Los Angeles the lead.

Tanner Pearson set up goals by Toffoli at 8:59 and Carter at 14:44, and Carter added an empty-netter for his seventh of the playoffs.

THE ASSOCIATED PRESS



With star goalie Carey Price out injured, the Habs will go with Dustin Tokarski for Game 3. THE CANADIAN PRESS

NBA

George concussed, Pacers banged up

The long break between games in the Eastern Conference finals could be welcomed by Indiana, after Pacers guard Paul George was diagnosed Wednesday with a concussion that will force him to complete several NBA-mandated procedures before he can return to the matchup against the Miami Heat.

The series, now tied at a game apiece, doesn't resume until Saturday night.

George was hurt in the fourth quarter of Miami's Game 2 victory. He stole the ball from Dwyane Wade, but wound up tumbling face-first to the court. Wade, also going for the ball, struck the back of George's head with his left knee.

Indiana not only needs to get George cleared but also had starters Lance Stephenson, Roy Hibbert and David West all either limping or ailing in the final minutes of the loss.

THE ASSOCIATED PRESS

CFLPA

CFL rejects players' labour proposal

The CFL reached out directly to its players and fans Wednesday after the latest round of labour talks with the CFL Players' Association hit a snag.

The league announced it had rejected a proposal from the CFLPA and also made its first public declaration on the negotiations, unveiling details of the offer it made on May 15. Commissioner Mark Cohon said the league's offer would boost the average player salary by 12 per cent.

THE CANADIAN PRESS

Scheifele turning heads vs. world's best

Before Mark Scheifele got injured in early March, the Winnipeg Jets sat one point out of a playoff spot. A sprained right knee derailed any hope of making a run.

Now Scheifele is healthy, and Team Canada heads into the playoff round at the world hockey championship in Belarus with legitimate medal aspirations thanks in part to his progression.

"Every game he's got better and better," coach Dave Tippett said. "He's been good in the faceoff dot, puck control....

We're going to need everybody to be a good team in the quarter-final, and Scheif, his game has improved every game we played."

Scheifele assisted on Ryan Ellis's overtime winner against Sweden, scored against Norway and is making use of his increased ice time. Along with the Toronto Maple Leafs' Morgan Rielly and Nazem Kadri and the Calgary Flames' Sean Monahan, the 21-year-old is making big strides in Minsk.

"You just gain experience," Scheifele said. "You play against

different kinds of hockey. It's just kind of a matter of learning how to adapt to who you're playing against, what kind of competition you're coming against. Obviously just playing with and against the best players in the world helps."

Scheifele's journey to the world championships showed Paul Maurice something. Maurice, his coach in Winnipeg and an assistant to Tippett at this tournament, was impressed by how hard Scheifele worked to recover from a sprained MCL to be ready.



Team Canada's Mark Scheifele, left, and Jason Chimera chat during practice on Wednesday in Minsk, Belarus. JACQUES BOISSINOT/THE CANADIAN PRESS



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